

After a Healthcare Provider Visit for ME/CFS (Myalgic Encephalomyelitis/Chronic Fatigue Syndrome)

If you have been diagnosed with ME/CFS or are waiting to hear back from your provider about an ME/CFS diagnosis, reviewing your visit and preparing for your next one can help you get the most out of your appointments.

AFTER YOUR VISIT



Make Appointments



Clarify



Follow Instructions



Keep Journal



Share



Review

- **Make appointments** for follow up and any additional testing.
- **Record future appointments on your calendar.** Ask a friend or family member to put the appointment(s) on their calendars as well. Ask the provider's office if they will call or email you with an appointment reminder.
- If you are confused or don't remember something your provider said, **call the provider's office for clarification.**
- **Follow your provider's instructions** as closely as you can.
- **Continue to record symptoms in a journal,** if possible. Some people with ME/CFS find it helpful to include:
 - which treatments have improved symptoms
 - any side effects you have experienced
 - any other new symptoms or changes you have experienced
- Make a note to give your healthcare provider **feedback** about how recommended interventions have worked for you.
- **Write down** any issues you did not have time to talk about at the last meeting.
- **Keep track** of medications, vitamins, herbs, supplements, and over-the-counter drugs you take, using the Current Medications and Supplements List.
- Remind your provider to **share the results of any tests** you have had, if they have not sent you the results or do not bring them up at the next visit.
- Consider **reviewing the Healthcare Visit Checklist for ME/CFS** before your next visit. Many instructions apply to follow-up visits.

CS320795-D



Centers for Disease
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National Center for Emerging and
Zoonotic Infectious Diseases

For more information on ME/CFS,
please visit www.cdc.gov/me-cfs.